Volume 6, Issue 2

Produced for the personnel of Task Force Falcon

December 4, 2001

What's Inside...



Making friends...

DPS office provides supplies to local school.

Pg. 4



Water, water everywhere...

Civil Affairs coordinates water distribution in local city. **Pg. 7**



Say cheese...

Check out soldiers in action in the best of Combat Camera. Pgs. 8-9



20/20 vision...

10th FSB conducts medcap
Pg. 10

Stress free is the way to be...

Learn measures you can take to prevent deployment stress. Pg. 12



Spc. Taylor Barbaree/photo

TFF Commander, Brig. Gen. Keith M. Huber uncases the colors of the 10th Mountain Division during the transfer-of-authority ceremony held at Camp Bondsteel on Nov. 21st. Assisting Huber is TFF Command Sgt. Maj. Ted Walker.

'Climb to Glory...'

Fort Drum Division takes over TFF mission from 'Screaming Eagles' during November TOA

by Spc. Taylor Barbaree Editor

CAMP BONDSTEEL— Complete with all the pomp and circumstance of a changing of the guard, Brig. Gen. Keith M. Huber became the sixth commander of KFOR's Task Force Falcon (Rotation 3B), Multi-National Brigade (East) during a November 21st transfer of authority ceremony here

Huber, assistant division commander of operations for the 10th Mountain Division (Fort Drum, N.Y.), succeeds Brig. Gen. William C. David, assistant division commander of operations, 101st Airborne Division (Air Assault, Fort Campbell, Ky.), who led TFF from June 1 - November 21

The 60-minute plus cer-

emony, held in an aviation tent as large as two football fields, was rounded out with performances by the USAREUR Band. Adding pageantry to the event were the many military personnel from countries that make-up KFOR, numerous U.S. military dignitaries and local officials in attendance. KFOR Commander Lt. Gen. Marcel Valentin presided over the ceremony, as Col. B.R. Fitzgerald, outgoing chief-of-staff, 101st Airborne Division (Air Assault) served as the reviewing officer.

Speaking to the audience, Valentin thanked David for his guidance and leadership during the 101* Airborne Division's temme

"I thank you for leaving it better than you found it," remarked Valentin. "I wish you the very best and a safe return home."

Following Valentin, David extended gratitude to the many factions of MNB (E) and the people of Kosovo.

"It was an honor to work with the many (countries) that make-up Multi-National Brigade-East," David said. "I thank you for your friendship and hard work. To the people of Kosovo, it was an honor to serve within your borders. Our experiences here made us better soldiers, but more importantly better human beings. We tried to do our best in serving (you) and hopefully we have left things better than we have found them.

"Parting is bittersweet, because we are leaving a piece of us behind and also at the same time taking a piece of what we were able to accomplish here with us. It is also (great) to get back home to our families," David said. "Kosovo has become a part of us forever.

"Any regrets that I have in leaving here are tempered in the knowledge that I am being succeeded by Brigadier General Huber. I wish you every success in your 'Climb to Glory'. Be relentless."

Huber then concluded by pointing out the sacrifices of the many soldiers presently serving in the TFF area of operations.

"We are here to continue on the mission of our (outgoing) counterparts," Huber said. "We are able to do that because these soldiers standing before (Please see TOA, page 4) Page 2 December 4, 2001

TFF Commanding General

'We go where others dare not go in the heat or cold of snow'



Brig. Gen. Keith M. Huber

An ancient poet once said, "Fortune sides with him who dares". And your very presence here today proves that you, our soldiers have "dared". And regardless of whether you leave Kosovo having iust done vour duty by ensuring a safe and secure environment for those who live here or made a great difference in your life and the life of those around you. The

personal and professional skills that you have as a soldier will sustain you throughout this winter. The focus, discipline and drive, a healthy competitive spirit, the ability to work in partnerships and as a team, to perform under pressure and do this within a winter environment is going to demand extra time in planning and executing TFF's mission.

Let's talk about the winter. I would like to share with you that I was born in Ohio, but I was raised in upstate New York, near Camillus and Albany. I grew up as a child with tons of snow on the ground and very white Christmases. Of course there was always to many driveways and sidewalks to shovel.

All of my military training other than airborne school has taken place in the dead of winter. So as you can imagine I am not a fan of snow. And now here we are, and we find ourselves in a very snowy environment, and it is beautiful to see the snow and the white

mountain tops. So with this in mind I would like to focus on the winter, and the two impacts that it will have on us, the emotional impact and the operational impact.

I am concerned about the safety of our soldiers and the protection of our equipment, both of which directly contribute to our combat effectiveness. I receive several briefings a day especially on the impending weather. I will tell you that our weather team here is very accurate. I'm very pleased with their ability to predict, not only what the weather will be like, and specifically in this case the amount of precipitation, in the case of snow we'll have, but they also translate the weather prediction into an operational impact. This allows the commanders and staff to ability warn our soldiers and prepare the TF for the hazards that the winter and the snow bring.

I am not pleased with the safety record of the TF at this point. I am concerned about the safety of our personnel involved in vehicle incidents, and accidents. These accidents can be attributed to road conditions, some can be attributed to civilian driving conditions, but all of the TF accidents in my mind are directly contributed to the leadership and attention to detail that needs to be monitored and maintained. So as we admire and enjoy the clean, white covering, and the joyous, festive, emotion that it may evoke from us, we look forward towards Christmas and the holidays.

I also view the white "stuff" on the ground with a sense of concern, and I ask you all to pay attention to road conditions and maintain situational awareness. I ask each of you as leaders, NCOs and soldiers to pay attention to the weather forecast, pay attention to each other and ensure that we are properly prepared to do the mission at hand. Everyone, leaders, NCOs and "battle" buddies need to ensure that everyone drinks enough water and is properly hydrated, and that they

are eating properly. Winter saps our strength, the body becomes numb, and then the mind becomes numb, the thought process becomes much slower. Many people feel that you do not need to drink as much water during the winter, mainly because you don't feel like you're perspiring during the winter months.

I submit to you medically, it's exactly the opposite. You've got to force yourself, your "battle" buddy the people around you to hydrate. If not they will become dehydrated and exhausted due to dehydration.

We are the Task Force Falcon family, the Multi National Brigade (East) family, and we have a responsibility to care for each other during these periods of cold weather, and over the holidays. As we watch the snow fall please pay particular attention to yourselves, the other soldiers around you and your equipment. It is important that we check each other, especially when you are operating equipment, or performing any operational mission.

Our goal for this winter and our rotation is to be accident free. We don't want to injure people in vehicle accidents. We don't want to damage our vehicles and limit our combat capabilities. I do not want anyone of our soldiers, our allies, or the citizens of Kosovo injured because of an accidents caused by stupidity or the environment. Leaders at all levels must be paying attention and checking.

This is my winter message. Although I personally do not like snow, I like and care for all of you. We'll deal with it both emotionally and operationally. This is clearly within the 10th Mountain linage. In the 10th Mountain there is a song and a phrase

"We go where others dare not go in the heat or cold of snow...

Climb to Glory...To the Top.

TFF Command Sergeant Major

Set a good example by leaving things better than we have found them



Communa Sgi. Maj. Tea Waike

I have been on the ground here for a little more than a month. Yet, already I have seen the tireless efforts from soldiers of this rotation as they perform in a way that makes me proud.

Proud to be here. Proud to serve with you and proud to serve our country. As I visited with some of you (soldiers) during

Thanksgiving I was reminded that sacrifices do

not come without stress. My personal thoughts on this differ from my role as your command sergeant major. As an individual I feel the stresses that you feel. As your ally in the ranks of the NCO channel, I convey the message that you will hear time and time again. Remain focused. Use your chain-of-command and do the best you can.

As always our mission while deployed here is to continue the excellent work achieved by the soldiers of Rotation 3 Alpha. At the same time our focus needs to be safety.

I am excited to be here. We have come from different parts of the U.S. We are active and reserve. We are Soldiers, Sailors, Airmen, Marines and Civilians. We are proud of our units, who we are and what we do; now we are one team with the goal of carrying out the orders of those appointed over us.

We will provide a safe and secure environ-

ment in our area of operation and return members of the force home and in one piece, we will live the Army values of duty, loyalty, respect, honor, integrity, selfless service and personal courage. We will raise the standards and leave things better than we found them.

In order to do the above, every member of the team must do his or her part without compromise, and with discipline and compassion. Officers and Noncommissioned Officers must provide the best leadership and always set a good example, the enlisted service member must have trust, confidence, and respect and carry out all

As we climb to glory to make things better, I look forward to the next six months as your task force Command Sergeant Major. "Great works are performed not by strength but by perseverance."

About the Falcon Flier...

The Falcon Flier newspaper is an official publication of Task Force Falcon and is used for the intent purpose of providing command information to servicemembers serving in the TFF area of operation. The Falcon Flier is produced by the 131st MPAD (Alabama Army National Guard), TFF PAO. Contents of the Falcon Flier newspaper are not necessarily official views, nor endorsed by the U.S. Government, Department of Defense, Department of the Army or the 10th Mountain Division.

The Falcon Flier newspaper is published bimonthly, using offset press by the TFF Public Affairs office located in Building 1320, Camp Bondsteel.

Submissions or story ideas related to the TFF mission are encouraged and should be directed to the editor at 781-5200; or by mail at HQ Task Force Falcon PAO, Attn: Editor, Camp Bondsteel APO AE 09340 or e-mail at taylor.barbaree@bondsteel2.areur.army.mil. Printed Circulation: 4,000.





Task Force Falcon Public Affairs Staff

Tusk Force Futcon Fubite Affairs Staff	
TFF Commander	Brig. Gen. Keith M. Huber
TFF Public Affairs Officer	Maj. James T. Crews
KFOR Media Liasion	Capt. John Tongret
Camp Bondsteel OIC	Capt. Larry McDonald
Camp Bondsteel Information Officer	Capt. Charles DeVinner
Public Affairs Supervisor	Master Sgt. Robert C. Brown
Camp Bondsteel Administrative Specialist	Spc. Lena Mills
Camp Bondsteel Media Relations NCOIC.	Sgt. 1st Class Melinda Early
Camp Bondsteel Press Section NCOIC	Staff Sgt. Michael P. McCord
Camp Bondsteel Broadcast NCOIC	Staff Sgt. Britt Smith
Camp Bondsteel Broadcasters	Sgt Jeff Camp,Spc. Myra Bush
Camp Monteith NCOIC	Sgt. 1st Class Wilfred Leavitt
Camp Monteith Administrative Specialist	Cpl. Jamie Henshon
Camp Monteith Broadcaster	Spc. Marty Dyson

Task Force Falcon Flier Staff

Senior Editor	Sgt. Jamie Brown
Editor	Spc. Taylor P. Barbaree
Daily Flier/Webmaster	Spc. Terry Boggs
Staff Writers	Spc Molly Iones Spc Bill Putnam

Soldier on the Street

How do you pass the time here in Kosovo?



Sgt. Phillip Durousseau, Automations NCO TF 1-30 (CMT)

"I take pictures of the landscape and things around here to send back to my 3-year old son."



Sgt. 1st Class Tilford Briscoe Sergeant of the Guard A Co., 3rd Bn., 321st Field Artillery (CBS)

"I like to hit the gym, watch movies and go to work."



Sgt. 1st Class Roberto Quintana Force Protection NCOIC (CMT)

"I go watch movies at the theater. Sometimes, I'll go to the (MWR) community center to play dominoes or walk over to the Cappucino Bar."



Spc. Bobby Cowan, Combat Engineer A Co., 5th Eng. Bn (CBS)

"Go to the MWR tent and hangout with friends."



Pfc Chris Howell Infantryman, HHC, 1-30 Inf. (CMT)

"I sleep and do anything sleep related.



Spc. Jason Abeln, Military Policeman

weapon, my boots and taking college courses at the (CBS) Southtown Education Center."

— Compiled by TFF Falcon Flier Staff

2175th MP Co. (TF 504)

"I pass the time by cleaning my

Commentary

Now is the time not to worry about time

by Sgt. Jamie Brown Senior Editor

Time will pass, will you?

These words hung right above the clock in one of my high school classes. Many times when I was daydreaming, and waiting for the school day to end, these words would bring me back to reality. Time is a strange thing. It can seem fast or it can seem slow. When I was in the third grade, I got into a fight after school with a boy named Keith Brown (It was that moment when I realized that getting punched in the chops hurt a lot more than it looked like on television). The next day, time seemed to stand still as Keith and I sat cowering, shaking and scared in the principal's office. Neither of us had the guts to look behind the principal's desk and see if his paddle really had bee-stingers attached to it, like our classmates said it did. In those tense minutes that seemed to last for days. Keith and I shared the terror of the unknown, and left that office as best friends.

But time doesn't always crawl like it did in the principal's office that day. I think of things that I waited for with anticipation that seemed to rush by me before I had a chance to grab it and savor every second. "If only I had more time" is a lament that I think all of us have said. But we can't make more time; we can only cherish the time we have.

I think about the victims of Sept. 11, and it makes me sad to think of all the time they won't have. They won't have time to read books to their children, time to embrace their husbands or wives, time to settle old disagreements, one's that seemed so important, but are now exposed as petty in light of everything. I think sometimes about what those people, who left us way too early would tell us. I think they would tell us to cherish the dawning of each new day, cherish the messes our children make, cherish the spouses, family and friends that we have disagreements with, and cherish the challenges (sometimes we call them problems) that make life worth living.

When we arrived in Kosovo, the unit that was here before us left us a paper chain. Each link in the chain represented a day that we would be here. There were 180 numbered links, and the idea was to break off a link for every day we were here. We broke the links off for a couple of days, but the chain now sits in the corner of our supply closet gathering a dusty film. We couldn't do it. The thought of counting every day for six months, until we were reunited with family and loved ones just seemed to long. It was depressing, and the idea of counting the days seemed to make time go by so slowly. I think back on all those times when instead of living for the moment, I looked to the future. Thoughts like, "I can't wait until I graduate, then I can be happy, or I can't wait until I get a promotion, then I'll be happy. But as the recent events taught us, the future that we wait for doesn't always come. Just as we are given time, our time can be taken away.

Time is something that we just can't get a handle on. It seems like we complain about time going too slowly when we're bored, and that we complain about time passing us by too quickly when we're busy. Maybe we should just accept time as it is, and cherish the time we have, NOW.

Got a story/photo idea?

Give the TFF Flier staff a call at 781-5200

Page 4 December 4, 2001

CBS DPW office brings supplies, cheer to Albanian school

by Spc. Taylor Barbaree Editor

KOSHTANJEVE, Kosovo— There was a bright gleam of joy in the eyes of five-year-old Shkumbim Rexhepi as he received a box of crayons from Sgt. 1st Class Mike Callahan in this small classroom located on a mountain beyond this Albanian village.

The seven-room schoolhouse, formed in stone and located on the mountaintop of Lama Espahinjeve, is without the modern conveniences found in U.S. schools. However, the reality of being without electricity and running water gives way to the ever-present smiling faces of the students of Osmanmani Regional Elementary School.

"That's what it is all about, smiling faces," said Callahan, who works in the Camp Bondsteel Directorate of Public Works office and is a member of the U.S. Army Reserve's 416th Engineer Command's (Fort Worth Facility Engineer Team).

On the day after Thanksgiving, he and other unit members provided the 23 students, ages 5-12, with school supplies and clothes.

"Members of our unit from the last

rotation (3A) actually began the process of collecting items from their families and then distributing them to schools around this area," Callahan said. "This is a break from what we normally do on a day-to-day basis. Usually our jobs here consist of taking care of housing and maintenance issues for Task Force Falcon.

"Being around these children puts it all in perspective as to what (our mission is here)," he said, as a group of students huddled around him and unit member Maj. Joe Ebert as they passed out more supplies.

"I am just glad we can help," Ebert added. "Seeing these children makes it all seem worthwhile."

Crayons and watercolors were the apparent favorite choice of the students.

"I like the different colors," said eight-year-old Xhevahire Uka, while sorting through his array of crayons. Drita Rexhepi, 10, was grateful for the gifts from her new friends. "I hope they can come back soon and visit with us."

Ali Aliu, head of the school, and the three other teachers were appreciative of the efforts to bring tidings to a region that has suffered through the trying times



Spc. Taylor Barbaree/photo

Five-year-old Shkumbim Rexhepi shares time with his new friend, Maj. Joe Ebert, CBS DPW office, at Osmanmani Regional Elementary School .

of war.

"We hope to never disappoint you," said Aliu. "I hope and pray that democracy succeeds here.

"I am thankful to survive the war

and also thankful to the United States and other countries who have come to help us."

(TOA continued from page 4)

us are the very best. They have left something very near and dear to their hearts-their homes and their families.

"Since my time here I have witnessed a sense of duty from our soldiers. They have energy, they have a fierce sense of determination, and a means to implement a safe, secure environment," he said, directing remarks to Valentin. "Multi-National Brigade-East is honored to be a part of your team. 'Climb to Glory'."

Prior to remarks to the audience and after the inspection of the troops, the NATO flag was passed, symbolizing the TOA, between the two U.S. Army Division's as outgoing TFF Command Sergeant Major, Command Sgt. Maj. Marvin L. Hill, David, Huber and Valentin participated. At the conclusion of the passing of the colors, the 10th Mountain Division Flag was uncased by Huber and the new TFF Command Sergeant Major, Command Sgt. Maj. Ted Walker.



Spc. Christina Ann Bennett/phot

Soldiers of the 10th Mountain Division hold the colors during parting remarks from outgoing TFF commander Brig. Gen. William C. David.

TOA ceremony leaves imprint on soldiers

by Spc. Taylor Barbaree Editor

CAMP BONDSTEEL— When the colors of NATO were passed symbolizing the transfer of authority between the 10th Mountain Division and the 101st Airborne Division (Air Assault) on Nov. 21st it marked not only a time of change, but also a first time experience for many of Fort Drum's elite soldiers.

"This is the first time that I have been a part of something on such a large scale," said Spc. Benjamin Alvarado, with C Co., 10th Signal Bn. (Fort Drum, N.Y.). "It was an outstanding ceremony and I can see that there is a lot of camaraderie among the different countries."

Aside from elements of the U.S. Armed Forces present at the TOA, military personnel from Great Britain, France, Germany, Italy, Russia, Poland, Greece as well as other KFOR representatives were on hand to witness Brig. Gen. Keith M. Huber assume command of Multi-National Brigade (East).

Spc. Timothy Dime, a satellite communications operator and Spc. Joseph Beckert, a network switching operator, with C Co., 10th Signal Bn., concurred with Alvarado.

This has been a great experience for me," Dime said, while Beckert noted the exhibitionism of the ceremony. "Seeing all the different uniforms of each country here has impressed me," Beckert said. "It is neat to see how they (other soldiers from other countries) conduct themselves during a ceremony like this one. It is something that I will always remember."

Spc. Kenyon Brown, CBS JVB, said the ceremony was not only impressive, but made him proud to serve in the Army.

"I'm glad I made the decision to join the Army," he said. "I am proud to be an American and I am looking forward to this deployment."

Other countries too, were impressed with the show of unity between the different countries that comprise KFOR.

"It was a nice ceremony," said Capt. FJ Nolte, aide-de-camp for the deputy commander of KFOR. "I think a ceremony like this underscores the importance of us continuing to work together."

For another soldier, the ceremony stood out as a significant event and the conclusion of a relentless rotation.

"This is an emotional day for me," confessed Command Sgt. Maj. Marvin L. Hill, at the conclusion of the ceremony. "Emotional because this ceremony means that I am going back to my family. This deployment has been the most memorable during my 23-years in the Army."

"War Pigs" from 'Show Me State' help to keep peace in Kacanik

by Spc. Taylor Barbaree Editor

KACANIK,

Kosovo—Missouri is a long way from the hustle and bustle of every day life in this Albaniant own with a river and train tracks that pass through it enroute to the country of Macedonia. However, for a squad of soldiers of the Missouri Army National Guard's 2nd Platoon, 2175th MP Co., that patrol here daily, it might as well be home.

"We are happy to be doing what we came here to do," noted Staff Sgt. Tony Marquardt, squad leader of this sixperson squad assigned to

TF 504th during its deployment to Kosovo. "Our job is to continue stability to this town."

In order to accomplish their mission, the "War Pigs" from the 'Show Me State' take to the streets conducting presence patrols three to four times each

"The presence patrols afford us and the residents with the opportunity to get to know one another," Marquardt said, explaining the purpose of the patrols. "We are here to assist any way we can. We are making contact with the storeowners and local residents to find



Spc. Taylor Barbaree/photo

Sgt. Daniel Overschmidt, an MP with the 2175th MP Co. (TF 504th), left, along with an Albanian translator chat with children along the streets of Kachanic, Kosovo.

out if anything is wrong. Basically it is all about communication."

And communication is exactly what transpires as the squad moved through the streets and mingled with the local population. "We have only been patrolling here for about three weeks," said Sgt. Daniel Overschmidt, a military policeman with the 2175th, who is a police chief in his civilian career in Randolph, Mo. "But this has already been a learning experience for me. It goes without saying that this is different than conducting missions at home. The communication barrier is a lot different, but that is easy to overcome

due to the fact that the people are glad to have us here.

"Unlike home, you have a lot more people who go out of their way to shake your hands and speak to you one-onone," Overschmidt said.

After brief, frequent stops, the squad reached a former Serbian police station, which is now home to the UNMIK police. After checking with the police there, the squad was back on the move, this time groups of children tagged along. The children, ages 4-12, appeared to be curious about the 10-20 pounds of "battle rattle" that the squad has donned

during their initial patrol through the village.

"The children make itallworthwhile," Overschimdt said, as children exchanged highfives with him as he walked. "It is not uncommon to have them (children) follow us all day. It is not only great to give attention, but receive it as well."

At the conclusion of the patrol, Overschmidt and the others mounted up in their HMMWVE's as the next phase of the mission began.

"We have to patrol the road that links Kachanic with Macedonia," Marquardt said. "That means we assist the (UNMIK)

police with any incidents such as car wrecks or breakdowns."

Along the way, the narrowing twolane road gave way to some breathtaking mountainous scenes. The mountains, covered in snow and lined with trees, are a contrast to the war-ravaged region and to the town with a population of 47,000.

"Even though I have only been here a short time, this has been an experience that I will never forget," Overschmidt said. "My opinion of humanity has changed. I really appreciate what I have at home and what I am going back to."

CMT Infantry Regiment brings relief to embattled school



Spc. Bill Putnam/photo

Command Sgt. Maj. Edward Martinez, TF 1st Bn, 30th Inf. Reg., visits with students at the newly renovated Stublina school.

by Spc. Bill Putnam Staff Writer

STUBLINA, Kosovo- A lot has

changed the last five months in this area. Outpost Sapper closed and the school here was renovated.

"This was a forgotten town when

we got here," Marine Gunnery Sgt. Randall McNeely said.

Stublina's school, a small two-room building, is just down the road from where the OP that marked the Kosovo-Serbia boundary once occupied two hills.

Over looking the Presevo Valley to the east and surrounded by farm fields the two-room school was in bad shape when Marine Maj. Greg Murray and his five-man Civil Affairs team from the Marine's 4th Civil Affairs Group first saw it.

The roof had holes and the paint job on the walls was crumbling. The bathroom didn't have toilets, running water, or a roof. Glass from broken windows littered the yard. And there was no electricity.

The teachers asked Murray for help. He photographed the damage and submitted the photo to the Humanitarian Assistance Board. From there, Murray

talked to the Task Force chief of staff about the school. After that the Joint Contracting Center sent out bids to ocal contractors.

A contractor submitted a bid for about \$30,000, said Murray.

Residents of Stublina were hired and the work started.

"So... locals in Stublina contributed to their school," Murray said.

Three months later the work was completed and Murray said students couldn't be happier. The bathroom has toilets, a roof and running water. The roof's been repaired and broken windows have been replaced. And the bare-light bulbs that hang from the ceiling have electricity.

"Now they have a nice, warm place to study," he said.

So on November 21, 2001, Murray, his team and members of Task Force 1st Bn, 30th Infantry Regiment drove from Camp Monteith up into the snowy mountains and visited the school.

This town is in TF 1st Bn, 30th Inf. Reg., Area of Operations, and the battalion's executive officer, Maj. Christopher Parsons, was glad to see the project completed.

Christopher said. "(The school) is in our AO... and we're extremely interested in the future of this province with the children being that future."

Perhaps with a skeleton of the OP on top of the two hills nearby and the school renovated, maybe the changes for Kosovo's future can continue.

Page 6 December 4, 2001

Special delivery

Soldiers bring water, compassion to local citizens

by Sgt. Jamie Brown Senior Editor

FERIZAJ/
UROSEVAC— Today the milkman was wearing Army green instead of white, and instead of delivering milk, he delivered 1600 gallons of water.

This was the case here as KFOR delivered water to local residents in need. The need for water began when a main water line in town began to collapse. The line was cut off, and a Swiss NGO (Non Governmental Organization) IBG, agreed to take on the project of building a new water line along with Hydra Hygeina, the local water municipality. This left local residents,

however, with no way to get water until the project was completed, which could be as long as two months. That's when KFOR came to the rescue.

With the 490th Civil Affairs Bn. (Army Reserve) acting as a liaison, U.S. KFOR began delivering water to local residents on a daily basis beginning Nov. 19. "We're trying to help them out, we've got some water for them on a daily basis until they get the project done," said Sgt. 1st Class Marty Yarbrough, of the 490th.

According to Yarbrough, KFOR takes water from a water main on the other side of town. In the morning KFOR fills up water tanks at the water distribution site, and then takes the water to two distribution points in the area of the city affected by the construction of the new water main. Water point No. 1 is open from 1100 to 1500 and Point No. 2 is open from 1100 to 1700. U.S. KFOR runs both points from 1100 to 1500. Point two is taken over by the Greek KFOR from 1500 to 1700. The



Staff Sgt. Michael McCord/photo

Sgt. Dave Roth, first platoon leader with C Co., 3-7 IN, helps local children get water. Water is being delivered to citizens in Ferizaj/Urosevac whose water system is down while a water main is being repaired.

local water department, Hydra Hygeina, also provides water at other points.

The 490th helps to insure that the whole operation is successful. "We (civil affairs) are the liaison between KFOR and the municipality," said Yarbrough. "We just try to tie the thing together. We have a four-man team that is assigned to this area. We try to make sure everything is running smoothly."

Some of the soldiers helping man the water points said the project has been worthwhile.

"We've got a lot of the locals, mainly kids, that come out here," said Sgt. Shannon West, attached to the 10th LTF, from the 11th Trans. Co. Manheim, Germany. "They fill up bottles and jugs, so they can have some water. They take it back to their homes. They love us. Over in our area we get all kids, so we play with the kids, tag, soccer, ping-pong. Everybody comes up and talks to us, and gives us high fives. We're all on a first

name basis. We know all the kids around here pretty well. I enjoy this, because you get to be outside the gate, and you get to be around the kids. That makes it fun right there, just the opportunity to meet new people and introduce yourself to new things."

Getuar Hajdari, a nineyear-old local resident, said he is glad KFOR is delivering water here. "Everyday I come and get water from the soldiers, so I'm very happy," he said. "They are very nice."

Children, however, are not the only ones who benefit from KFOR distributing water. Elderly citizens like Rexhep Selmani also have an urgent need for water every day.

"I want to thank the Americans for coming over here and supplying the water," Selmani said. "After stopping the water system, we had a lot of problems over here. I, for example, have a big need. I

have to wash myself every day, because I have a disease. I was two weeks without taking a shower, because of missing the water. Then the Americans came, now we know we have lots of water for drinkable water and also water for cleaning and everything that we need. So right now I'm very sure, with cleaning my body every day, I'm going to have a success in my surgeries."

As long as the need is there KFOR will continue to serve as this community's friendly water deliveryman, and that makes the citizens here, and the soldiers who deliver the water happy.

"I feel real good about what we're doing here," said Sgt. 1st Class Clifton Hearne, HHS 3/6 FA. "The families here say they haven't had water consistently for about five years, and we're happy to bring out to them"

Task Force 1-30 takes time to tenaciously train on tanks



Spc. Martin Dyson/photo

An M-1 Tank assigned to B 2-69 AR puts HEAT on target during RIP Screening Operations at Ramjan Range, Kosovo.

by Spc. Molly Jones StaffWriter

Task Force 1-30 has hit the ground rolling, with the main body of troops having been in country less than 24 hours before moving out to

Ramjane Range to screen and familiarize themselves with the M1 tanks and Bradley Armored Personnel Carriers that were here from the previous rotation.

"Just like any other vehicle, there are quirks that need to be worked out prior to their use. That's why screening is crucial this early on," said Capt. Thomas McNew, Bravo Co., 2nd Bn, 69th Armor Regiment Commander, TF 1-30. "It helps my soldiers gain confidence in the equipment, since what we have are not the tanks we normally use.

Screening them to ensure they can hit the target is our goal early on, just in case they are needed during the mission."

"Our overall mission will be to provide security, maintain presence patrols and KFOR presence," according to McNew.

The troops have spent months training prior to arrival, and "are excited to finally be in sector and putting their training to use," according to Pvt. 2 James Hendrix.

The training at home station, Fort Benning, Ga., was very beneficial, but quite different than what they have experienced. "There are more limitations on the ranges, with children and animals able to walk up at anytime, the range control guards have to keep them away, which they don't have to worry about at home," according to Staff Sgt. Edward Westveer, TF 1-30 Battalion Master Gunner

"The roads through the towns to the range also pose a bit of difficulty to the soldiers, versus back at home station where we have plenty of room to roam around," said Westveer.

"We just have to be a little more cautious of our surroundings," said McNew.

The soldiers are all in a new environment with much colder weather than the mild temperatures in Georgia and tight roads with less mobility from point A to B. Despite the limitations, Westveer stated, "I'm happy, for one, and everyone I deal with is really excited to be here. We're just ready to make the mission happen," said

"Focus on the mission, get it over, get back home to our families," said Hendrix.

Task Force teaches fundamentals of physical fitness

by Spc. Molly Jones Staff Writer

One of the Army's core fundamentals is physical fitness. Everything the Army does revolves around being in good physical condition. A soldier cannot perform the mission at hand if he is not in shape.

Physical fitness, to many soldiers, is typically overlooked as a common task simply because it is done on such a routine basis. As part of their daily activities, the reasons behind doing PT can be forgotten, but it is the most logical place to start when training begins.

The soldiers of Task Force 1-30 were approached by the TMK, the Kosovo Protection Force, to help them train to become better soldiers, and who better to ask than some of the finest, most fit soldiers in the world. A few soldiers

of Task Force 1-30 were selected to go out to the TMK site and begin instruction on becoming a quality soldier. Of course, the first block of instruction was physical fitness and its' importance to every soldier.

"This morning we're going to be doing a little bit of physical fitness first to have fun, and second, and more importantly, to condition their bodies for the future." said Capt. Jorge Melendez, TF 1-30, the supervisor of the joint training.

The training began with a block of instruction given by Staff Sgt. Edward Westveer, his demonstrator, Spc. Kristopher Barnette, and their translator, on sit-up and



Spc. Molly Jones/photo

Sgt. Jeremy Mayer of HHC, 1-30 helps hold the feet of a TMK soldier during circuit drills. TF 1-30 showed how to properly perform eight basic exercises for the TMK to put together their own physical fitness program.

push-up circuit training. Westveer explained while Barnette executed each version of the push-up and sit-up to Army standards. When the lesson was complete, the TMK split into groups and performed the eight different exercises at two minutes each.

The men of TMK seem enthusiastic and responsive to the training. "They want to get exercise and learn how to increase their physical fitness level," said Melendez. TF 1-30 soldiers were available while the TMK was doing the circuit training for questions and assistance in perfecting their form.

"The guys out here today are not in that great of shape, but that's why we're here, to help them grasp the basics so they can continue the training on their own time," said Westveer, TF 1-30 Master Gunner.

Presently the TMK "concentrates on humanitarian efforts such as firefights, rescue and search missions, construc-

tions, you name it, they do it for Kosovo, but one day they will have to step up when we turn our responsibilities over to them," explains Melendez.

"That's why this joint training mission is so crucial, and they know they will benefit greatly from what we're teaching them," Melendez explained. "because we won't always be here."

The training begins with common individual tasks such as first aid and is built upon all the way up to group tasks. "An example of an individual task would be to administer first aid to one person, and as a group to evacuate a building and administer medical aid," said Melendez.

The progress is already in motion, but the results will not be seen overnight. It will take a long time to get the TMK up to par, but it can and will be done. They have high spirits about learning what is needed to complete the mission, and seem to be excited about learning in more areas, according to both Melendez and Westveer.

"They did very well today. A lot of them are observing Ramadan and have been fasting, so we couldn't go at the rate of speed we originally intended, but they are still learning," said Westveer.

"They definitely have the potential of learning and understanding all that we have planned for the future," boasted Westveer.

Camp Bondsteel supply section is ready to take your order

by Sgt. Jamie Brown Senior Editor

A soldier pulls up to the drive-through speaker. "I'll have some linen, some paperclips and rubber bands, supersized with a Coke." Okay, getting supplies at Camp Bondsteel might not be quite as easy as ordering at a fast-food drive-through window, but it is fairly easy, and the service is a lot friendlier.

Staff Sgt. Richard Timberlake, supply sergeant for Headquarters, Task Force Falcon (supply) and the other three employees of the supply section are here to help you.

Timberlake said the process for getting supplies is easy. "When you get supplies, you fill out a supply request, and usually if we have it on hand at the time, we'll get it to you," said Timberlake. "But if we don't have it on hand, we'll go see if we have it on hand in our other warehouse, or we will give you a document number and put it on order."

Timberlake explained the process for ordering supplies. "Fill out a supply request, and if it's on hand we can get it for you right away," said Timberlake, "We'll also go to our warehouse or a connex to get supplies. When we do have to order something it should take two or three days. There are some items out there that are specialized items that they don't have in the army supply system like cartridge toners, transformers and certain types of printing paper, like photo paper. There's a purchase request for them, it's DA form 3953. You fill it out for unique items like toner cartridges, items that don't have a national stock number, and they want to get it local purchase."

Working with the supply can be easier and more organized if you use the proper documentation.

"If you put in a request in and I ask you for a document number, you know and I know that the item has been put on order, so we can give you a status on it a lot easier," said



Sgt. Jamie Brown/photo

Spc. Ramone Pierce and Pfc. Travis Williams prepare to deliver a load of picture frames to another satisfied supply customer.

Timberlake. "I suggest that if you come in here and ask for supplies and we don't have them on hand, and (Please see SUPPLY, page 14)

Page 8 December 4, 2001

The Best of Combat Camera:

This is a regular section of the Falcon Flier which features some of the best work of Combat Camera. Special thanks to Combat Camera (55th Signal Company, Fort Meade, Md.) for submitting these photos.



Spc. Christina Ann Benett/photo

Spc. Willie Caldwell performs a radio check while on patrol in Gnjilane, Kosovo on November 17. Spc. Caldwell is a part of the 130th Infantry out of Fort Benning, Ga.



Sgt. Shama Parker/photo

Soldiers load a litter patient in the running helicopter for realistic training during a medical evacuation class held on Camp Monteith, Kosovo, Monday, November 26. The soldiers taking part in the training are from Headquarters and Headquarters Company, 2nd Bn, 14th Infantry, 10th Mountain Division.



Soldiers with the 761st Explosive Ordinance Disposal (EOD) te on November 20.



The 761st Explosive Ordinance Disposal (EOD) team set: rounds and other unexploded ordinance on November 26 ordinance as part of their deployment to Camp Bondstee

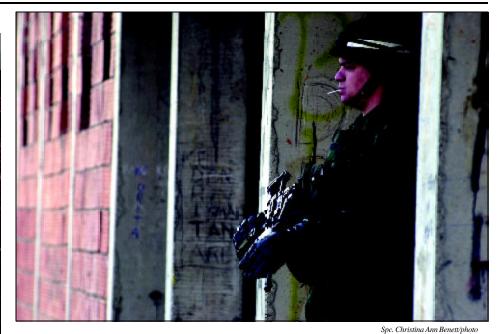
Page 9



Spc. Jessie L. Gray/photo sposal (EOD) team prepare unexploded ordinance for disposal



Spc. Jessie L. Gray/photo (EOD) team sets off demolition charges of leftover mortar on November 20. The team is destroying the residue Camp Bondsteel.



A Soldier stands guard at an out post in Gnjilane, Kosovo on November 17. The soldier is a part of the 10th Mountain Division out of Fort Drum, NY.



Spc. Christina Ann Benett/photo

Spc. Daniel Huff directs traffic outside of Kacanik, Kosovo on November 24. Spc. Huff is a part of the National Guard unit, 2175th Military Police Company out of Missouri, that is attached to Task Force 504th MP Battalion. He is a part of a six-man squad that routinely patrols the southern sector of Multi-National Brigade (East).



Spc. Jessie L. Gray/photo

A soldier with the 761st Explosive Ordinance Disposal (EOD) team prepares unexploded ordinance for disposal on November 20.

Page 10 December 4, 2001

10th FSB Medcap just what the doctor ordered



Spc. Terry Boggs/photo

Sgt. George Hampton, NCOIC of Optometry of the 10th FSB, uses an auto refractor to check the eyes of a local villager. The device gives a baseline prescription which is used to estimate what strength eyedlasses the patient needs. The FSB will then issue a pair of stock glasses, donated by various sources.

by Spc. Terry Boggs StaffWriter

Nestled away in Kosovo, on a large mountain, in the middle of nowhere, lies the village of Paldenice. As villages go, it is fairly typical of the area; it has dirt roads, somewhat small homes and a population of more than 2,000. One day, a seemingly normal military convoy made its way into the

town and converged on the school there. For the people of Paldenice, however, this day was about to become anything but normal. It was about to become a whole lot better.

The vehicles parked and the soldiers got out and unloaded their equipment. But instead of guns and ammunition, this convoy was carrying something different; examination instruments and medication.

The unit was the 10th FSB (Forward Support Battalion) and the exercise

was called a MEDCAP (Medical Civilian Assistance Program). Basically, it was a small clinic for the civilian population, treating many minor ailments from runny noses to back aches. They even gave optical exams and issued out eyeglasses to those in need. People from all over came to watch the setup, and then waited outside for everything to begin.

The exercise was conducted in two classrooms, one for triage and one for treatment. The rooms were poorly lit and the troops had brought very little equipment, but they made the most of what they had. Most importantly, though, they had brought with them two things that made all the difference in the world; minds full of motivation and hearts filled with compassion.

The patients came out of the woodwork; infants to the elderly. Many came to be treated, some to watch, and others just to mingle and meet the soldiers of KFOR. For whatever reason they showed up, they came quickly and in large numbers.

Pvt. 2 Elise Mabile was there, in the middle of the excitement. Mabile, a medic fresh from AIT, had the proper attitude for this kind of work

"Ilove it", she said, smiling. "We really don't get to do that much, but give them Tylenol and Benadryl... but when you see the look on their faces and they're waving and blowing you kisses, there is nothing to describe how it makes you feel."

Mabile did not seem to have trouble describing her feelings.

"I feel so grateful and blessed that I

get to do this", she added thoughtfully. "In some of the places where we go we see all of the kids and they have fevers and runny noses and they look really sick. It hurts, but we get to give them something to help."

She was not the only one to express this opinion. In fact, the entire staff teemed with caring and willingness; two of the main ingredients for a successful mission. Lt. Col. Kunchul Yoon, who was in charge of the operation, echoed the sentiments of the others in his group.

"We come here to provide medical services, with a lot of compassion and love", said Yoon. "Our capabilities are somewhat limited; we do not have a lab, we do not have X-rays. What we do have is our medical knowledge and a love towards our neighbors."

It is with this neighborly love that the soldiers of the 10th FSB were able to perform their duties and care for dozens of people in only a five-hour period. The day was originally scheduled for only four hours, but the endless sea of patients waiting to be seen were enough to keep these troops past their appointed departure time.

The intensity of the day's laboring showed on every face there as the soldiers packed up their gear to move out. Their next assignment would be in a different town and with another group of people. As for Paldenice, they would be left with a lasting impression; not only for the treatment they received, but for the way they were treated.

It was a fine day indeed for all.



Entertainment

LFOR Comedy
(Mimi Gonzalez and Joe
Carroll)- This show is sure
to make you laugh!

Saturday, Dec. 1-(CBS) Southside Fitness Center, 8 p.m.

Sunday, Dec. 2-VIT MWR, 7 p.m.

Monday, Dec. 3-CMT MWR Field House, 8 p.m.

Tuesday, Dec. 4-CAS MWR Community Center, 8 p.m.

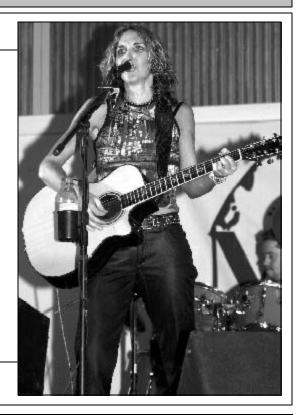
Dyana Dafova (Bulgarian Pop/Spiritual Grace)

Sunday, Dec. 9th - Monday, Dec. 10th, Site: TBA

> Concert Mariah Carey Tuesday, Dec. 4, CBS. 4 p.m.

Corday rockin'

Multi-versatile singer Jennifer Corday cranked up the heat at the Camp Bondsteel South Town gym on November 23rd for more than 200 soldiers. Corday, during a two-hour performance, belted out her version of many famous songs, as well as rocking the house with some tunes of her own. The show, free to soldiers and TFF personnel, was sponsored by the CBS MWR Office (photo and caption by Spc. Terry Boggs/TFF PAO).



Translating the KFOR language barrier

by Spc. Terry Boggs Staff Writer

CAMP BONDSTEEL— "Kalofshi Mire". Or you could say "Imaj fin dan". You may or may not know what those two expressions mean. If you have an interpreter with you however, you have instant translation in either Albanian or Serbian.

These men and women, recruited from all over the world, are bridging the language barrier in Kosovo by providing our soldiers with multilingual assistance. Many are recruited by newspaper ads from several large American cities, requesting bilingual people that are interested in assisting KFOR, while at the same time making money. For many of them there are adjustments to be made while working together, as many are Albanians and Serbs that were born in Kosovo. They have memories of the age-old conflict in their minds. Yet despite the unseen barrier of bitterness and mistrust that separates their country, these people have learned to coexist in relative harmony with one another. Apparently the hard feelings prevailing in their home country have not followed them into their jobs.

Miron Hetemi, an Albanian translator from Pristina, told of his experiences with KFOR and with working in close proximity with the Serbian people.

"Working with them (KFOR) is nice and useful" Hetemi said. "It gives us a chance to know them (Serbians) better. It made me understand them more."

Hetemi, who has been an interpreter for over two years, also stated his belief that the people of Kosovo have been at war long enough, and that it is time to give peace a chance

"Peace will benefit everybody", he said. Most of his coworkers seem to agree, regardless of their ethnic ties; according to Hetemi, there have been no problems with the two groups working together.



Spc. Taylor Barbaree/photo

Albanian interpreter Ilirjana Shuku-Haskaj, center, translates a conversation between a store worker and a MP in the town of Kacanik recently.

Interestingly enough, the very people that we have been sent to protect are one of the most important factors in our success. They live on base with KFOR soldiers and provide a vital service to them.

"They are surely indispensable," according to Lt.
Patrick J. Kelly, Protocol Officer for the KFOR Joint
Visitors Bureau. "Soldiers can't speak Serb or Albanian.
We need somebody to translate for us."

Maj. Christopher P.Himsl, TFF G-2 Staff Officer confirms this. According to Himsl, TRW screens and hired more than 600 translators for the job. He said they not only close the language gap, but also serve as advisory consultants for our leaders. In fact, he touts

them as being "by and by- very professional."

With a common mission and an opportunity to interact with one another on a close basis, there exists the possibility that this collection of people from these two rival groups will be able to overcome some of their past by learning to accept one another as individuals. There may be hope that they will be able to take some of their newly found friendships and attitudes home with them and help make a difference in Kosovo.

And in case you do not have an interpreter to translate those first two sentences, they simply mean, "have a great day."

Magrath clerk learning Army way during OJG

by Staff Sgt. Michael P. McCord Press Section NCOIC

CAMP MAGRATH, Kosovo— His office is piled high in boxes, filing cabinets and gear stacked in all manner of placement. Pvt. 2 Miquel Alejandro, 1-32nd Infantry, 10th Mountain Division, could be forgiven for not feeling as snug as a bug in a rug in his new surroundings. You see, he's been in the Army just 10 months now, and his unit arrived just a few days ago in Kosovo. They're still unboxing their stuff.

"My duties are, I actually work in the S-1 shop. I do Red Cross messages, awards, promotions and a little of finance." Alejandro said. "I plan to study my material while I'm here in Kosovo."

"It thought it was already done,
(completion of Camp Magrath) but it will get
better," he said. Alejandro, 20, lived in Providence,
R.I. before joining the Army, but was born in San
Juan. Puerto Rico.

For a fresh troop, he's got support backing his deployment duties in a foreign land.

His first-line supervisor, Sgt. Jeffery
Trosse, HHC 1-32nd Inf., is quick to point out how
teamwork and guidance from an NCO makes their
operation run smoother. "I train him on everything
he does so he can do it better." Trosse said. "I've
worked with Alejandro seven months now." Trosse

"I joined the Army to be independent and get an education." Alejandro said.

Sgt. 1st Class Nathaniel Ware, senior per-



Pvt. 2 Miquel Alejandro

Staff Sgt. Michael P. McCord/photo

sonnel sergeant for Task Force 1-32nd Inf., explained just what a clerk (71 Lima) at Camp McGrath is expected to do. "Alejandro's main job is to handle awards, check them for accuracy and make sure they're properly annotated on the records. He also handles Red Cross messages. He ensures messages are taken accurately and the information is passed on to the soldier. He also makes sure the message is passed on to the soldier. He then confirms the message with Red Cross," said Ware.

He's a real good soldier," said Ware.
"Just like any private that comes into the Army, he works hard with the guidance he's given from his sergeants. He accomplishes his mission. He's learning more each day.



Hooah run...

Guidon bearer, Spc. Christopher Turner, HHC, A Co, 10th LTF and fellow soldiers make their way down CBS's Cimon Ave. on Thanksgiving morning. HHC, A Co., commanded by Capt. Steven E. Shipley, is a subordinate unit of the 110th MI Bn (photo and caption by Spc. Taylor Barbaree/TFF PAO).

Page 12 December 4, 2001

Combating the stress level in Kosovo

by Sgt. Jamie Brown Senior Editor

Deployment in a foreign country can be stressful, but for soldiers in Kosovo there is help. The 83rd Medical Detachment (Combat Stress Control) can help soldiers here with their mental health needs.

"We run a division mental health type, mental health clinic," said Maj. Joseph Sutcliffe, TFF psychiatrist, and officer in charge of the 83rd. "We see the entire range of things that soldiers might come to a mental health provider for. The bulk of what we handle clinically are soldiers that might be depressed due to homesickness or problems at home with family. Or a lot of times we try to help soldiers who are having problems getting along with other people in the unit, be it their peers or be it the chain of command, so we try to assist them in resolving the conflict."

The 83rd can also handle more serious problems. "Occasionally we see more significant psychiatric disorders such as clinical depression, or anxiety disorders such as panic disorder," said Sutcliffe. "We see a fair amount of soldiers who have trouble sleeping. It's rare in this environment that we have had soldiers who have had very severe psychiatric problems, but occasionally that does happen. If the clinical condition is severe enough, and we feel there's a significant concern for safety, as in the soldier could be potentially suicidal or violent towards others, we take appropriate action, and if needed we admit that soldier to the hospital, and those who have had more serious psychiatric problems we have evacuated out of theater."

For soldiers who are concerned about stress, there are several things to look for in yourself and your peers that might warn of potential problems, according to Sutcliffe.

- 1. Problems sleeping that are not due to the mission. If you have adequate time to sleep, but you find that it takes more than an hour to fall asleep, you're waking up frequently in the night or waking up early in the morning. That can be a sign that you may be having an emotional problem.
- 2. A daily depressed mood or a daily nervousness that doesn't improve after a week or so.
- 3. Anger "This is a stressful environment and everybody is going to feel sad from time to time, and angry from time to time," said Sutcliffe. "Those are normal emotions. If every day you feel that way and it's not getting better it's a sign that you probably need to come in and get an evaluation."
- 4. Weight loss Working hard, but losing your appetite, because you're nervous or depressed. If weight loss is associated with that and you're not trying to lose weight.

- 5. Crying spells that tend to occur daily.
- Any thoughts of suicide that are more than just a fleeting thought.
- 7. Any thoughts of being so angry at one of your peers, or chain of command that you're fantasizing about harming them, or any thoughts or plans to harm them.

8. Trouble controlling your anger and/or frequent verbal altercations.

But before the appearance of any of these signs, there are several things soldiers can do to prevent stress before it becomes a problem, according to Sutcliffe.

- 1. Talking to a frie bably the m important thing soldie alk to each ot It's important that r have a buddy he friend that the to, a friend they can vent utcliffe. "It's a tremendous help no stration or worries bottled up inside. Just to someone you trust, it doesn't have to be onal. Just talking to your buddy can go a lor worst mistake that soldiers ma eir problems inside, and not to talk to ne chaplain is another go ot something that is really don't feel comfe
- 2. Gettin rest hou need a requate rest," said Sutcliffe. "Let's in porte at If you as got a choice between staying as late and matchin movie, or getting adequate rest, it's more important to get adequate rest. Ideally get a minimum of six hours of sleep most nights, preferably seven to eight."
- 3. Good nutrition—"Nutrition is very important," said Sutcliffe. "It's important not to come here and go on a starvation diet. Eat a well balanced diet with lots of fruits and vegetables, and healthy, low-fat thines."
- **4. Exercise** "Exercise is a good stress reducer," said Sutcliffe. "A lot of people neglect P.T. and exercising five days a week preferably at a minimum of 30 minutes of aerobic exercise can go a long way to reducing stress."
- 5. Cleanliness Staying in clean clothes is important," said Sutcliffe. "Staying in a clean uniform, you can't change every day obviously, but staying in clean underwear and clean socks, and keeping your uniform clean, keeping your boots clean, it's more comfortable that way, and also you're more proud of your appearance, and that goes a long way to helping your self esteem and your self confidence.

Keep your area clean, the area where you

sleep, your personal space. Within that six-man sea hut, you've got a little space in there that's yours, and it's important to try to, within regulations, personalize that space, to make it homey. It's a good idea to put up pictures of your loved ones, and tape them on the outside of your locker so that they're the first things you see when you wake up and the last things you see before you go to bed. Keeping the floor picked up is good, and keeping your dirty clothes in your dirty clothes bag, basically keeping that area clean, so it's not a mess. If you're sleeping in a disorganized mess, you're going to feel disorganized and stressed out."

- 6. Staying organized "We have a lot of tasks to do here," said Sutcliffe. "Keeping yourself focused and organized on what you have to do, including if you have to keep a daily appointment book or some sort of notebook, keeping track of things, writing it down can prevent stress of forgetting this or that. And then prioritizing what you need to do, not procrastinating is important. It's human nature to put things off as long as you can, but you'll have much less stress if you do what you need to do that day rather than putting it off."
- 7. Practicing your religious faith "If you have any particular religious faith or you're interested in a religious faith, going to one of the many church services they offer here, can be a very important part of coping with being away from home and being in an environment where there is potential danger," said Sutcliffe. "I'm not here to promote religious faith, also as a psychiatrist I know it can be a very important part of a person's well being."
- 8. Maintaining a sense of humor "Humor is actually a sign of strength, and not humor in the sense that you're doing something that endangers the mission or is disrespectful," said Sutcliffe. "Being able to have a good laugh with your buddies can ease stress. Sometimes things may be tough and you may have to suck it up and drive on, but if you can at least laugh about it, or joke about it, that can go a long way towards making this a less miserable deployment."

If a soldier here feels that they may have a problem the 83rd is here to help. "We provide individual counseling, and we provide evaluations and medication management," said Sutcliffe. "It's important to get out the message that mental health issues, or behavioral health issues are actually very common, even among active duty soldiers. These are common problems. We don't want soldiers to feel ashamed or afraid to seek help. It's a sign of maturity and a sign of responsibility to seek help for your problems. We're very available to provide evaluations and also treatment."

The mental health clinic is open to receive walk ins, or see patients for appointments, Monday through Friday between the hours of 0900-1700 and on Sunday from 1300-1700, and those hours are the

same for Camp Monteith. A psychiatrist is also on call to the emergency room 24-hours-a-day, seven-days-a-week for any emergency issues. According to Sutcliffe the clinic's preference is that if a soldier has a problem that they want evaluated that they first call to request an appointment, so an appointment can be scheduled at an appropriate time to interview in a non-emergency kind of setting. What is considered an emergency are thoughts of suicide, or homicidal thoughts.

"Our most important mission in this theater is preventing any soldier from taking their own life," said Sutcliffe. "So we want to intervene early."



Congressional visit...

Congressman Dave Hobson, Chairman of the House Appropriations Military Construction Subcommittee, checks out soldiers' living quarters on Camp Bondsteel. Hobson and four other representatives toured Camp Bondsteel and visited with soldiers from their respective districts on Nov. 25 (photo and caption by Sgt. Jamie Brown/TFF PAO).

Chaplain's Corner

Let your heart rejoice in all things you don't need

by Chaplain (Maj.) Scott Weichl

In the fifth century, a man named Arsenius determined to live a holy life and find contentment. So he abandoned the comforts of Egyptian society to follow an austere lifestyle in the desert. Yet whenever he visited the great city of Alexandria, he spent time wandering through its bazaars. Asked why, he explained that his heart rejoiced at the sight of all the things he didn't need.

Those of us who live in a society flooded with goods and gadgets need to reflect upon the example of that desert dweller. A typical supermarket in the United States in 1976 stocked 9 000 articles; today it carries over 30,000! How many of these items are essential? How many of these items are wants

It is hard for us to say sincerely

with Saint Paul, "Having food and clothing, with these we shall be content" (1 Timothy 6:8). In our constant battle against the seductive materialism of our culture, let's follow the example of Arsenius. As we walkthroughthe PX, local markets and stores, we too can rejoice at the sight of all the things we don't need.

That's only the first step, however. The next step is to become much more wise in our spending, more generous in our giving to others, and more sacrificial with the resources God has given

Wisdom seeks to sort out the needed from the wanted Somehow when one is able to apply this judiciously with material goods, physical, emotional, and spiritual needs come clearly into focus. It is as if by dealing with the outward temptations we find energy and wisdom to deal with our real inner

> springs from giving freely, expecting nothing in return. If one has two coats, one shares with the neighbor who has none, never expecting to see

the return of the loaned

Generosity

to retain what we have, freedom flourishes within us and we find generosity becomes a natural response to needs God blesses each of us with

coat. Through being freed of this desire

particular strengths and skills to better the world around us in a way that pleases Him. Sometimes sacrifice means giving up something while realizing we may place ourselves in dire straits. Soldiers on the battlefield know this to be true, unselfishly placing their lives at risk for their fellow warriors understanding the greater cause they are involved in.

Like Arsenius, our hearts can rejoice when we come to realize that many things wanted are not really needed, and realizing this we are able to celebrate God in more profound ways while serving one another. Contentment, then, isn't getting what we want but being satisfied with what we have.

CBS Worship Service

Peacekeepers Chapel (North)

8 a.m., Episcopal/Lutheran 9:30 a.m., Roman Catholic Mass 11 a.m., Collective Protestant 12:30 p.m., Gospel Service

Monday

7 p.m., Women's and Single Soldiers' Bible studies

7 p.m., Catholic RCIA

Wednesday

12 p.m., Roman Catholic Mass 6:30 p.m., Prayer Service 7 p.m., Bible Studies

7 p.m., Choir Rehearsal (Gospel)

Friday

12 p.m., Muslim Prayer Service 7 p.m., Gospel Joy Night Service

Saturday

6:30 p.m., Stay Faithful Marriage Bible

South Chapel

8 a m Roman Catholic Mass 9:30 a.m., Collective Protestant 11 a.m., LDS Service

4 p.m., Gospel Service Monday 7 p.m., Collective Protestant

Choir Rehearsal

12 p.m., Roman Catholic Mass

Wednesday

7 p.m., Bible Study

Thursday

Friday 8 p.m., Jewish

Saturday 11 a.m., Seventh Day Adventist Service 7 p.m., Choir Rehearsal (Gospel)

CMT Worship Service

9 - 10:30 a.m., General Protestant Service 11 a.m. - 1 p.m., Gospel Service 1:30 - 2:30 p.m., LDS Worship 7 - 8 p.m., Catholic Mass

Monday

7 p.m., Chapel Movie Night w/ Discussion

Tuesday 7 - 9 p.m., Gospel Worship Practice

Wednesday

6:30 - 7:30 p.m., Gospel Worship Practice 7:30 - 9 p.m., Bible Study

6 - 7 p.m., General Protestant Practice 7 - 8 p.m., General Protestant Bible Study 8 - 9 p.m., General Protestant Worship

<u>Friday</u> 12 - 1 p.m., Muslim Service in Annex 7 - 8:30 p.m.

Saturday

11 a.m. - 12 p.m., Seventh Day Adventist Worship

Sector Worship

Protestant

Saturday 2 p.m., Debelde 4 p.m., Binac Church

Sunday

Camp Magrath, 10 a.m. Zintinje Church, 11:30 a.m. Klokot, 2 p.m. Mogila, 3:30 p.m Vrboyac Church, 4:30 p.m. Vrbovac, 7 p.m.

Latter Day Saints

Sunday Camp Magrath, 2 p.m.

Roman Catholic

Monday Klokot, 2 p.m Vrbovac, 4 p.m. Camp Magrath, 7 p.m.

Other Activities

Sunday Movie Night- 11 p.m

Tuesday Bible Study, 8 p.m.

History of Albanian Flag Day in Kosovo

TFF Cultural Advisor

On November 28, 1912 Albania was the last territory in the Balkans under Ottoman control to declare its independence (full recognition would come in 1913). While Kosovo is not part of Albania proper the majority of the Yugoslav Serbian province of Kosovo is made of ethnic Albanians today.

The holiday has been a point of contention amongst the provinces Serb and Albanian communities. In 1968, under Yugoslav constitutional reforms, it became legal to display the Albanian flag in Kosovo. The flag displayed was a red background with a black two-headed eagle in the middle and also required to

star on the flag itself. Today the flag displayed may or may not have the communist star.

The first year the flag was displayed (Nov. 28, 1968) Alba-

nians celebrated Flag Day (or Independence Day). The province was rocked with violence, resulting in the deaths of both Serbs and Albanians. In some of the provinces Albanians called for Kosovo to be upgraded to a republic. The calls for a republic status would later be changed to calls for complete indepen-



A black and white replica of the Albanian Flag is pictured above.

nians, Turks, and Hungarians (found in Vojvodina, Serbia's second province) were designated as such since their "national homeland" was in another country/state. Nations (Srb. Narodi) were made up of distinct peoples -Serbs, Croats, Slovenes, Macedonians,

Albanian Kosovars see the holiday as a special day, marking the independence of their motherland. Under the 1974 Yugoslav constitution national minorities (Srb. Narodnosti). such as the AlbaMontenegrins, and Muslims - and therefore you had the republics that made up Yugoslavia, since these nations had their homeland within the boundaries of what was Yugoslavia.

For one to go into the political exchanges between the two ethnic groups would require a forum different from this one. Depending on the "ethnic lens" one uses the arguments can be strong on either side why the Albanian flag or Flag Day should or should not be celebrated.

For the Albanians of Kosovo this is a celebration of their collective sense of identity as Albanians, which is distinct from the other ethnic groups in what is now FRY. The flag is the same as the (Please see FLAG, page 14)

Page 14 December 4, 2001

TFF soldiers observe smooth day at polls

by Spc. Bill Putnam Staff Writer

CAMP MONTEITH— With one exception, voting throughout the Gjilan area passed smoothly.

While no one in Task Force Falcon expected Kosovo's first internationally recognized elections to pass without incident, the level of calm that permeated through most of the area was surprising.

At two polling sites outside the city, voting was reported to have gone smoothly.

Task Force Falcon's election-day mission was to act as a reaction force to help the UN Civilian Police and Kosovo Police Service quell violence at the polling sites.

The reason for Task Force Falcon's handsoff approach was simple: "to allow UN CivPol and the KPS to do their duties without interference," explained Command Sgt. Maj. Steven Greer, the sergeant major for 2nd Bn, 14th Infantry Regiment.

Soldiers started guarding polling sites in Gjilan well before polling sites opened at 7 a.m. on Nov. 12.

In a lot behind the city's soccer stadium, and near four of Gjilan's seven polling sites, a platoon each of infantry and military police stood ready.

"I don't think anything's going to happen,"
2nd Lt. Elizabeth Ryser, a platoon leader in 66th
MP Company, said as she waited inside her
HMMWVE. She added that if anything did
happen, the trouble would only come from one or
two people and the UN CivPol and KPS would
handle it.

Standing at the Task Force Falcon-mandated 150 meters from one of the polling sites in Gjilan, Sgt. Robert DeRohn, an infantryman in Co. B, 2nd Bn, 14th Infantry Regiment said that voters were respectful of the soldiers' presence near the polling sites.

"It's been going pretty smooth," DeRohn said.

In Pones, an ethnically mixed village north of the city and on the route heading toward Kosovo's capital, Pristina, only 10 out of an estimated 285 eligible voters had actually voted.

"We expect more because it is only 10:30 a.m. and they have until 7 p.m.," an Egyptian UN CivPol officer said.

A few kilometers away in Cernica, another ethnically mixed village near Gjilan, US soldiers guarded a polling site in the village's Serb section.

Staff Sgt. Jason Montelvano, a tanker in Co. B, 2nd Bn, 69th Armor Regiment, was one of those soldiers and he explained that some Serbs had voted- at least in Cernica.

"There have been a few but not too many," he said of the Serbs voting in the election.

Extra protection was set up on the roads leading into Cernica, said Montelvano.

But even with the extra measures, Montelvano said they had been told there "probably wasn't going to be a whole lot (of Serbs voting)."

Greer spent part of the day out in sector and said there was one incident, in his opinion, in Gjilan that marred the otherwise peaceful election process

A question over a flag being displayed started a confrontation between some voters and the Organization for Security and Cooperation in Europe. After a short time the situation was resolved and US soldiers weren't called in to help, said Greer.

Editor's Note: Due to voting regulations, photographs were not allowed to be taken near the polling sites.



ChiefChat...

Gen. Richard B. Myers, Chairman of the Joint Chiefs of Staff talks with Spc. Norman Bowley, B Co., 10th LTF, at the North Town Dining Facility on Nov. 21. Myers ate dinner with soldiers, answered their questions and posed for pictures with them during his brief visit here (photo and caption by Sgt. Jamie Brown/TFF PAO).

(SUPPLY continued from page 7)

it's in the Army system, ask for a document number. And if you need maintenance ask us for a work order number. It lets everybody know that we're working with you, and we're not just blowing you off, when you've got a document number."

If you do go to get supplies from the supply room, the soldiers there have one pet peeve you should know about.

Our section is easy to work with as long as people don't try to strong-armus with things like, 'The Colonel needs this and he needs it now,'" said Timberlake. "A lot of sections have a problem with doing that. Instead of them coming to us and saying 'we need this now', sometimes they try to strong-arm you with it. We're willing to help anybody, and if they have a problem with something I suggest they come to me, and we'll see what we can do

about it."

After 20 years of working in supply, (12 years active duty and eight years in the Indiana National Guard) Timberlake still enjoyshis job.

"The thing that I like about supply is taking care of soldiers," he said. "That's what our job is to take care of soldiers. I can recall a soldier being out there in the cold, and they called me and said 'sergeant we need to get these soldiers soup and coffee." To see the expression on their faces, once we get it for them, is really rewarding."

So if you are on Camp Bondsteel, and you need some supplies, visit the staff at the supply office. They are located in Building 1340 D, room 019 on admin alley. Their hours are 9:30-1700 every day except Thursday and Sunday. And guess what, they won't even ask you if you want fries with that.

(FLAG continued from page 13) -

flag of Albania proper. The difference in the way the holiday is celebrated in Albania proper and Kosovo is one of meaning. For those in Albania proper it is literally Independence Day, while for the Albanians of Kosovo it is a celebration of national identity as Albanians regardless of where they are geographically located.

For the Serbs this is somewhat confusing, since Kosovo is not part of Albania, it is a province of Serbia. One must bear in mind that the Kosovar Albanians and Kosovar Serbs have had mutually exclusive end states concerning the final status of Kosovo. While the Albanians seek independence, the Kosovo Serbs wish Kosovo to remain a province of Serbia.

What can you expect from this holiday? Typically the Albanian flag will be hung on shop windows, off of balconies, on cars, on just about everything that can hold a flag.

Some towns may have celebrations, cultural events, dinners, and the like. The KPC (Alb. TMK) will have various events that will include parades (these types of events must be authorized by KFOR in advance). There will be an increase in public traffic as friends and family will take the opportunity to visit each

other. The flags and posters will hamper visibility inside windows and cafes. For the most part it will be a jovial time for the Albanians.

For the Serbs this is a time of concern, particularly for those Serbs that live within a predominantly Albanian neighborhood, or in a village surrounded by Albanian villages. Their concerns are very real to them since Albanians have been known to drive through the Serb areas with the intent to harass the Serbian inhabitants. Violence can even break out. Generally both communities want to be peaceful and coexist, but there is always the possibility of what one would assume should be a celebrated event being exploited by either side.

The first Flag Day celebrations following KFOR entering the province were violent. The level of violence and ethnic harassment has since decreased. While this is a special holiday for the majority of the provinces inhabitants (K-Albanians are estimated to make up over 90 percent of the province) we must all remain aware of those in the province that do not celebrate this holiday. All of the people of Kosovo deserve to be treated with dignity and respect and it is our responsibility to insure that they remain safe and secure as they celebrate their various holidays.

Sergeant Major adopts Serbian school

by Spc. Bill Putnam Staff Writer

CERNICA, Kosovo— Last September while on his leader's reconnaissance, Command Sgt. Maj. Steven Greer walked into a house's courtyard here and saw a school.

On Thanksgiving Day Greer, the sergeant major for Task Force 2nd Bn, 14th Infantry Regiment, and a few soldiers from the battalion paid the first of many planned visits to the Serb school and delivered school supplies, winter clothing and gloves, even cinnamon balls candy for the students.

Walking through the small, ethnically mixed town last September, Alban Fetahu, his translator, mentioned the Serbian school.

What Greer saw was a small threeroom school full of respectful students. The first thing that ran through Greer's mind after seeing the condition of the school was that "someone needs to help these children here."

"They're not going to do it by themselves," Greer said. "Anytime you're trying to educate a kid and you've got a potbelly stove to keep them warm, they're using stubby pencils and paper, and a chalkboard, that's probably not the best education system we have for them."

The school has been at its present location since 1999 when KFOR arrived, said Brankica Stojanovich, the school's 2 nd Grade teacher.

She's been teaching in Cernica for 16-years. Up until 1999 she taught at the town's school building a few blocks away.

"There is a big difference between these two schools," she said through Fetahu.

Since arriving at the house, her students have been short on supplies like pencils, textbooks, and notebooks.

"We have nothing else except the chairs and the tables," said Stojanovich.

The school's supply situation is what prompted Greer to act.

"So I kind of told myself 'when I get back here in country, I'm going to adopt this school and make it my mission to come over here and take care of these kids,'" Greer explained.

As soon as Greer arrived in country he started to work.

"I linked up with the Civil Affairs



Spc. Bill Putnam/photo

Command Sqt. Maj. Steven Greer brings a box of school supplies into the Serb school in Cernica Nov. 22, 2001. Greer, the battalion sergeant major for TF 2nd of the 14th Infantry, said this will be the first of many deliveries to the school.

guys to see what I could get for these kids and we brought it out here today," Greer said. "It made them happy."

Through e-mail correspondence Greer and a friend, Erin Stark, decided to start a pen pal program between the friend's Daisy Troop in Wisconsin and the school.

"They were looking for a project," Greer said. "I said it'd be nice if you could write these kids some letters and send them some drawings. There's a number of agencies over here trying to help these kids, but probably what they'd really like is some pictures and drawings to put up on their walls."

This program should help the kids here develop a friendly relationship with the kids back in the US, said Greer.

To introduce the troop to the students, Stark sent Greer photos of the girls and notes the girls wrote to the

students. Greer put a book together with everything and showed it to the students.

"We told them these children from the States want to be their friends and they want to develop a corresponding relationship with them," Greer said. "I'm going to be their go between."

Most of the items that Greer brought out came from Civil Affairs on Camp Monteith. The wool gloves and clothing that were delivered were collected in humanitarian drives in the US, said Greer.

As a battalion sergeant major Greer has a full plate to think about this deployment. But he's piling his concern for this school on to his plate for a good reason.

"I worry about this school because I'm a father myself and I have kids," he said. "So even though I'm a (non-commissioned officer) and a soldier, to me, I'm a father first.

"And when you see something like this and you're placed in a position of authority and the ability to affect some people and their lives, I just took upon myself that this was one thing I was going to do while in Kosovo."

His goals for this school six months from now are simple.

"T'd certainly, at a minimum, like every kid to have a brand new pencil, a new notebook, enough clothes to keep themselves warm, a better life, and an education."

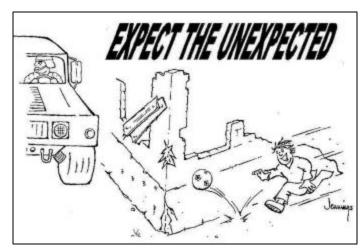
Since the students don't have any textbooks and are learning everything from the teacher's memory, Greer would also like to see new textbooks.

"I think we ought to bring some books in here and have them learn some different things, some math problems, some more English." he added.

Even after he redeploys back to the States, Greer will still keep in touch with these students. When the battalion that relieves 2nd of the 14th Infantry arrives next May, the first place Greer will take his counterpart will be the Cernica school.

"If each person that comes to Kosovo, and picks their piece of the pie and does everything in their power to make it a better place, then Kosovo's going to be a good place when we leave," Greer said.

"It means a lot for the kids,"
Stojanovich said. "Notebooks and pencils
are material things but thanks for bringing
us hats and clothes for the kids, because
winter is here."



*10th SSB- Camp Bondsteel Finance Office Building 1330 B (Admin. Alley)

Hours: Monday-Saturday, 9 a.m. - 5 p.m. Sunday, 10 a.m. - 3 p.m. Special Hours (CBS Theater): Saturday, Dec. 1, 9 a.m. - 5 p.m. Sunday, Dec. 2, 10 a.m. - 3 p.m.

*10th SSB- Camp Monteith Finance Office Striker Hall Building

Hours: Monday-Saturday, 9 a.m. - 5 p.m. Sunday, 12 - 3 p.m.

*10th SSB- Camp Able Sentry Finance Office Building 2

Hours: Monday-Saturday, 9 a.m. - 5 p.m. Sunday, 10 a.m. - 3 p.m.

Page 16 December 4, 2001

Turkey, dressing and cranberry sauce...

Bondsteel soldiers enjoy Thanksgiving feast



Sgt. Jamie Brown/photo

Soldiers at the South Town Dining Facility on CBS lineup for Thanksgiving dinner. Brown and Root workers did their best to make soldiers feel at home during Thanksgiving.

by Sgt. Jamie Brown Senior Editor

Several soldiers were heard in the chow hall line at Camp Bondsteel during Thanksgiving.

"You've got to have the cranberry sauce."

"The dressing's the best."

"No, the best thing about Thanksgiving is all the turkey sandwiches you get to make with the leftovers."

Maybe there wasn't enough turkey leftover from this feast for sandwiches, and you couldn't nap in front of the sofa when it was over, but many of the other ingredients for a great Thanksgiving dinner were here on Camp Bondsteel.

From the extravagant decorations of brown and orange to the gluttonous spread of food, soldiers were treated to a special dinner, and they enjoyed it.

"It (the meal) was excellent," said Pfc. Edward Karcher, B. Co. 3/229th Avn. "It was very well done. I was really surprised."

Several soldiers said that even though they couldn't be at home with their families, they still enjoyed the holiday.

"It was wonderful," said Cpl. Carolyn Cason, Task Force Med Falcon V. "It was just like home. I didn't expect to see as many decorations, and for the food to be as good as it is, but it was nice. My immediate family is not here, but my unit family is here, so it balances out."

"It was actually nice to get together with all my co-workers, sit down, and just have a great meal with them," said Karcher.

Brown and Root who run the Dining Facilities on Camp Bondsteel pulled out all the stops for the Thanksgiving meal. According to Ronald Barnes, the supervisor of the South Town Dining Facility, his facility cooked 26 whole turkeys, 130 rolled turkeys, 60 ducks and 6 steamship rounds. Barnes said between

2,800-3,100 people enjoyed the dinner at his facility. And workers at the facility took pride in making the occasion as special as they could.

"We care about the soldiers and we wanted them to feel at home on Thanksgiving,"said Towanna Williams, a food service worker at the South Town Dining Facility. "The decorations and everything we did were done to express the way that we feel about Thanksgiving. Everything we heard from the soldiers was positive. They told us things like 'great job' and 'well done.'

But as soldiers enjoyed their Thanksgiving feast, some thought of home, and what they were thankful for.

"T'mdefinitely Facility on CBS.
thankful for my family back at home," said Karcher.
"I've received a lot of cards from them, and it really
made me feel good that the people back at home are
supporting me while I'm here."

Later that evening soldiers came to the chow hall

Spc. Taylor Barbaree/p.

Cpl. Randy Anderson, ASG P Falcon enjoys his Thanksgiving dinner at the North Town Dining
Facility on CBS.

back at home," said Karcher. to finish what was left of the feast from earlier in the

to finish what was left of the feast from earlier in the day. A small crowd gathered in front of the television to watch the Lions play their annual Thanksgiving game. For a moment, it seemed like home. And that, was something to be thankful for.